Get Sodium Smart
Authors: Desiree Tande and Cindy Anderson, University of North Dakota

Overview

Duration: 45 minutes
Audience: Adolescents and adults

Learning Objectives:
• Report average sodium intake in U.S. (about 3,300 milligrams per day)
• Identify recommended intake maximums of 2,300 and 1,500 milligrams per day
• Appreciate usefulness of Nutrition Facts label
• Be able to categorize food by Too Much, Watch Out, Go Ahead

Supplies:
• Pencils
• Purchase four similar types of food for comparison (four groups may come from the following categories: beverages, cereal, mac-n-cheese, bread, popcorn, soup, oatmeal, etc.), Record food item purchases and sodium content per serving, then cover sodium on the label so it is not visible to lesson participants.
• Gets The Facts: Sodium Reduction Tips handout
• Sodium guidelines magnets (Too Much, Watch Out, Go Ahead)
• How Much Salt tubes (available for purchase at Nasco or similar company)
• Quiz worksheet
• Food Groups worksheet and labels

Optional resources:
• Tufts University Health and Nutrition Letter. May 2012. Where is your sodium coming from? Available at www.tuftshealthletter.com

Lesson Plan

Introduce yourself
*Today we are going to talk about the sodium content in food and how it affects your health.*

Give quiz
http://tinyurl.com/q7cbmvj

Eating too much sodium can put your health at risk.
The Million Hearts campaign goal is to save 1 million hearts during a five-year period.

How much sodium should Americans eat daily?
Recommended intake a maximum of 2,300 milligrams (1 teaspoon of salt) and 1,500 milligrams for a majority of adults

The average American consumes about 3,300 mg of sodium daily.
Where does it all come from?
Let’s come up with a list of the top 10 foods.
(List 1 to 10 on the board and write participant responses on the board as they announce correct answers.)

1. Bread/rolls
2. Cold cuts/cured meats
3. Pizza
4. Poultry
5. Soups
6. Sandwiches/burgers
7. Cheese
8. Pasta mixed dishes
9. Meat mixed dish
10. Savory snacks

The foods on this list account for about 44 percent of the sodium in the typical American diet. More than three-fourths of the sodium in our foods is added during processing; only about 5 to 6 percent is added during cooking and 5 to 6 percent is added at the table (the rest is naturally occurring in foods).

Which foods are highest and lowest?
Let’s try to rank the group of foods from lowest to highest sodium content per serving in front of you.
Discuss the foods at your table and come to a consensus as a group with the food rankings.

- Participants should write a description of the food by the number ranking on their worksheet.
- Rotate tables until you have ranked all groups of foods from 1 to 4+.
- Have each group report rankings at its “home” table (the table where it started the rankings activity) and then the instructor provides the correct answers. Ask group members at the table reporting on their designated food group to write the correct amount of sodium per serving (information is needed for the next activity).
- Distribute magnets. Ask each group to categorize the foods at its table by the “Too Much, Watch Out and Go Ahead” categories by using the magnet and announce its findings to the class.

Foods quiz  (optional, if interest and time allows):
http://tinyurl.com/23bohre

Give first quiz again
http://tinyurl.com/q7cbmvj

Wrap Up
Collect quiz sheets and thank participants for attending.

References:
American Heart Association. May 10, 2013. Sodium (Salt or Sodium Chloride). Available at www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Sodium-Salt-or-Sodium-Chloride_UCM_303290_Article.jsp
Tufts University Health and Nutrition Letter. May 2012. Where is your sodium coming from? Available at www.tuftshealthletter.com

“Cardiovascular diseases are the leading cause of death worldwide, and high blood pressure is a major risk factor. For the estimated one in three Americans who will develop high blood pressure, a high-sodium diet may be to blame. In some people, sodium increases blood pressure because it holds excess fluid in the body, creating an added burden on the heart. Too much sodium in the diet may also have other harmful health effects, including increased risk for stroke, heart failure, osteoporosis, stomach cancer and kidney disease.”

The problem is starting early in America: 97 percent of children and adolescents eat too much salt, putting them at greater risk for cardiovascular diseases as they get older.

The American Heart Association wants to help all Americans lower the amount of sodium they consume.

Here’s what we’re doing to help:
- encouraging manufacturers to reduce the amount of sodium in the food supply;
- advocating for more healthy foods to be available and accessible (for example, more fruits and vegetables);
- providing consumers with education and decision-making tools to make better food choices.”

Source: http://tinyurl.com/a7uaet9

Funded by the Heart Disease and Stroke Prevention Program of the North Dakota Department of Health
Scoop on Sodium – Quiz Worksheet

Attempt 1

Log on to online quiz  http://tinyurl.com/q7cbmvj

1.

2.

3.

4.

5.

6.

7.

8.

---

Scoop on Sodium – Quiz Worksheet

Attempt 2

Log on to online quiz  http://tinyurl.com/q7cbmvj

1.

2.

3.

4.

5.

6.

7.

8.
FOOD GROUP 1
FOOD GROUP 2
FOOD GROUP 3
FOOD GROUP 4
Low to High Activity

List foods from lowest to highest sodium content:
(after food ranking is complete, sodium content (mg) will be provided by the instructor)

Food Group 1
1.
2.
3.
4.

Food Group 2
1.
2.
3.
4.

Food Group 3
1.
2.
3.
4.

Food Group 4
1.
2.
3.
4.